

Regional Mental Health Boards Build Healthy Communities

March 5, 2015

To the Appropriations Committee, Co-Chairs Sen. Beth Bye and Rep. Toni Walker:

My name is Charles Coretto and I am a Licensed Clinical Social Worker. I have worked with adults with persistent chronic mental illness for almost 2 decades. I have worked with this population in different settings and service types in Waterbury and Danbury. It is the most rewarding work.

I am writing today to express my strong support for the Regional Mental Health Boards. The Regional Mental Health Boards provide advocacy and support to the community, individuals, families, significant others and providers. The Boards are a voice for our mental health population. They are a voice in the system of delivery to strengthen good clinical practice, promote holistic health and wellness, and inform the service system of current needs and trends.

The Boards are more than just a voice. They teach, advocate, demonstrate best practices, share resources, empower growth, strengthen communities, foster collaboration and monitor services in the private non-profit and state agencies. The Boards are always conducting assessments of needs to improve services and recovery. The Boards also work to extinguish stigma and provide education. No other service body has this ability to impact care on such a broad basis.

My professional experience has been with the Northwest Regional Mental Health Board. This board has provided service to clients and providers in Waterbury, Danbury and Torrington. The Northwest Regional Mental Health Board has an active Consumer Action Group which directly puts recovery into action. The Boards work.

Mental Health Recovery needs your continued support. This support is in the form of continued funding for the Regional Mental Health Boards. We must have active and viable boards that can respond to regional needs. We need the advocacy and support on many all levels from the individual to formal policy. State leaders that have had exposure to the boards know the value. Please consider this resource as a necessary piece of making communities healthy.

Sincerely,

Charles Coretto, LCSW

Charles Coretto, LCSW
73 Altyre Street
Waterbury, CT 06705